

# Thought Record Worksheet

Use this worksheet to identify and challenge negative automatic thoughts

**Instructions:** When you notice a change in your mood, use this worksheet to explore what thoughts are contributing to your feelings.

Situation	Mood	Automatic Thought	Evidence For	Evidence Against	Alternative Thought	New Mood
What happened? Where were you? Who was there?	What emotions did you feel? (Rate 0-100%)	What went through your mind?	What supports this thought?	What contradicts this thought?	What's a more balanced way to think about this?	How do you feel now? (Rate 0-100%)

## Tips for Challenging Thoughts:

- What would you tell a friend in this situation?
- What's the worst that could happen? Best case? Most realistic?
- Am I confusing a thought with a fact?
- What cognitive distortion might I be using? (all-or-nothing thinking, catastrophizing, etc.)